

Our office has compiled important information about the H1N1 Flu and included resources for New Mexico residents to learn how they can stay healthy.

What is H1N1 Flu?

H1N1 Flu, also known as swine flu early on, is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get H1N1 Flu, but human infections can and do happen. H1N1 Flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited. For more information, visit the [CDC's general information page](#).

When will a vaccine be available?

A vaccine to protect against 2009 H1N1 Flu is expected to be available this fall. [CDC's Advisory Committee on Immunization Practices](#) has made recommendations for a voluntary novel H1N1 vaccination effort to counter a possibly severe upcoming flu season. Various clinical trials have begun, some under the direction of the National Institutes of Health and others by manufacturers under contract with Health and Human Services. For more information, visit the [CDC's vaccine page](#).

Does the seasonal flu vaccine protect against this H1N1 Flu?

No. The H1N1 Flu viruses are very different from human H1N1 viruses and, therefore, vaccines for human seasonal flu would not provide protection from H1N1 Flu viruses.

Where can I find a flu shot clinic?

Visit the [New Mexico Influenza Vaccine Consortium](#) and search for a clinic near you.

What can people do to limit the spread of the virus and to decrease their risk?

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.

Alcohol-based hands cleaners are also effective.

- Try to avoid close contact with sick people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- There is no vaccine available at this time, so it is important for people living in affected areas to take steps to prevent spreading the virus to others. If people are ill, they should attempt to stay at home and limit contact with others.
- People who live in these areas who develop an illness with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea, should contact their health care provider. Their health care provider will determine whether influenza testing is needed.

Links and Resources

[Flu.gov](#) - Comprehensive information about the H1N1 flu and the seasonal flu

[New Mexico Department of Health Home Page](#)

- [Flu FAQs in English](#)
- [Flu FAQ s in Spanish](#)

CDC Links

- [H1N1 Flu Home Page](#)
- [H1N1 General Information](#)
- [H1N1 Flu & You](#)
- [What to Do If You Get Symptoms](#)
- [Taking Care of a Sick Person](#)
- [2009 H1N1 Flu Vaccine](#)
- [Antiviral Drugs](#)
- [Background on H1N1 Flu](#)
- Information for Schools
 - [K-12 Schools](#)
 - [Colleges and Universities](#)

- Information for People at High Risk
 - [Pregnant Women](#)
 - [Adults with HIV Infection](#)
 - [People with Diabetes](#)
 - [People With Cardiovascular Disease](#)
 - [People with Asthma](#)
 - [Certain Health Conditions with Special Medical Challenges During Flu Season](#)

- Information for [Businesses and Employers](#)
- [Information for](#) Parents & Caregivers
 - [Parents and Caregivers](#)
 - [Child Care Programs](#)